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The Friends of Sarasota County Parks, Inc.



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Our Friends



We are a founding member of [Gulf Coast Gives](#)

[You'd Be Perfect](#)

[SRQ Volunteer](#)

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Greetings!

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Whew. Labor Day already? Summer is in flight, and soon will be no more.

Speaking of "no more," did you know that Volunteering can reduce your rate of mortality? More about that [below](#). First, let's talk about a couple of Volunteer Opportunities coming to Sarasota in September.

[Foscp.org](http://Foscp.org)

[Our Chapters](#)

[Join the Friends](#)

**Volunteer!**



Help us keep our parks clean, safe, and a breath of fresh air for all the people of Sarasota.

**Quick Links**



[News](#)

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[Keep Sarasota County Beautiful](#)

**Saturday, Sept. 21**, is both the end of Summer and the day of the **2013 International Coastal Cleanup**. Last year, more than half a million volunteers participated worldwide, collecting more than 10 million pounds of trash and covering a distance of nearly 18,000 miles. In our neck of the woods, it's part of the **Keep Sarasota County Beautiful** initiative, and runs from 8 a.m. to noon. There's a [volunteer sign-up form here](#).

And **Saturday, Sept. 28** is **National Public Lands Day**. Sarasota is doing its part with a work project at [Red Bug Slough](#). They're calling 25 sturdy folk to help from 9 to noon that day -- [all the info is here](#).



[National Public Lands Day](#)

**World Rowing 2017 Coming**

By now you have probably heard that Sarasota will host the 2017 World Rowing Championships, bringing some 42,000 athletes and their supporters from the world over to Nathan Benderson Park. It's a huge coup and all involved deserve hearty congratulations.

What had been planned as merely a news conference this Wednesday (Sept. 4) has turned into a celebration for all those volunteers and enablers who worked so hard on so many aspects of this park and this amazing project. Volunteer Coordinator John Krotec has invited all to come out to Nathan Benderson at noon Wednesday -- here's the flier:

**THE REGATTA**

**40,000 ROWERS AND SPECTATORS ARE COMING!**

WE HAVE OFFICIALLY BEEN SELECTED TO HOST THE **2017 WORLD ROWING CHAMPIONSHIPS** AT NATHAN BENDERSON PARK

*Please Join Us To Celebrate*

AND TO THANK ALL OF OUR SUPPORTERS AND PARTNERS THAT HELPED MAKE THIS POSSIBLE

**WED. SEPT. 4TH AT NOON**  
ON REGATTA ISLAND

*Refreshments Will Be Served*

Sarasota-Bradenton Florida, USA  
HOST OF THE 2017 WORLD ROWING CHAMPIONSHIPS

Sarasota County VISIT SARASOTA COUNTY BENDERSON DEVELOPMENT USRowing FLORIDA SPORTS Downtown Area Marina Island Longboat Key

While we're talking about rowing: Meet Karen Wiegandt of the Sarasota County Rowing Club:



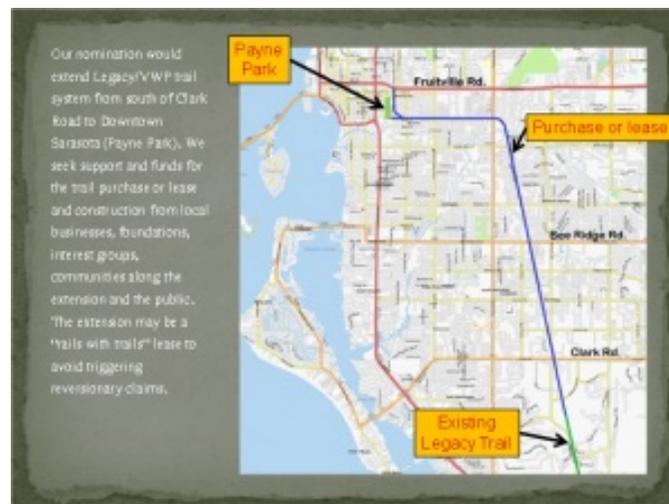
Photo by Tom Balog

Karen won five medals at the [USRowing Masters National Championships](#) held in August at Nathan Benderson Park. For information and race results, [click here](#). Many images from the competition are [here](#).

### Study: Legacy Trail to Downtown Sarasota

The [Friends of Sarasota County Parks](#) have joined with FLT - the [Friends of the Legacy Trail](#) - to study extending the Trail from its current Northern terminus (near the Culverhouse Community Garden) to the city of Sarasota's downtown. The County has voted \$75,000 to study it, and both Friends groups will be fundraising to help meet the costs of the study.

[More here](#).



### Tour de North Port Coming in October



October 20th: The [Tour de North Port](#) is an on-road bicycle tour that features the natural beauty of North Port. Riders will tackle a 15, 35 or 65-mile ride that begins with a continental breakfast. All rides include rest stops with drinks and snacks, mobile SAG support, and a full lunch at the ride's end except for the Family Ride. Sponsored by [People for Trees](#), all the info [here](#).

## Volunteering is good for you



A group of researchers studied more than 70,000 seniors, looking at health details and volunteering. It seems that, as [the report](#) says,

*As it turns out, lending a helping hand may significantly reduce a person's mortality risk: Even after adjusting for several factors, including previous health complications, the study concluded that rates of mortality dropped 24% among those who volunteered regularly.*

*What's behind this death-defying health boost? When you help strangers in need, the ensuing feelings of usefulness and altruism might cause your brain to produce more oxytocin and progesterone-good-vibe chemicals that curb stress and reduce harmful inflammation, explains study author Morris Okun, PhD, a professor of psychology at Arizona State University.*

Besides helping with mood and a sense of pupose, volunteering can also boost your brain:

*"Volunteering keeps people mentally active; it keeps their weight in check, their heart healthy, and their memory sharp," says Sharon Brangman, MD, chief of geriatrics at the SUNY Upstate Medical University at Syracuse. "Essentially, it's a drug-free way to keep you feeling young."*

According to one report, volunteering can lower the chance of Alzheimer's by 47%. Join an organization. In fact, why not Join the Friends? Here's how.

The Friends also strongly supports these volunteer efforts:

You'd Be Perfect For This

SRQ Volunteer



**Thank You**

As always, thank you for all you do. Don't forget

to send us your Chapter updates, news, events, and plans.



At the Friends' site [FOSCP.org](http://FOSCP.org), we have updates for Sarasota's [September Events in the Parks](#) and for [IFAS Classes in September and October](#).

Quick notes . . .

- [Snook Haven](#) will close on Sept. 3 for about five weeks so the County can install lines for water and sewer service to the park.
- [Payne Park](#) Tennis Center will discount its popular annual pass. New customers will pay \$395.15 between Sept. 1 and Oct. 15. Get it at the Payne Park Tennis Center Pro Shop, 2050 Adams Lane.
- The Friends' next board meeting will be held on Sept. 19th at [Twin Lakes](#), 4:30 pm.
- Do you have a good parks story? The National Parks Conservation Association [wants to hear it](#).

Finally, \*LIKE\* [Sarasota County Parks](#) on Facebook.

Till next time,

Tom M.

**FRIENDS OF  
SARASOTA COUNTY  
PARKS**



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